

HUNDRED FLOWERS

Minneapolis

COMMUNITY NEWS AND INFORMATION

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WEEKLY



Our history has been
Stolen from us
Our heroes died
In childbirth, from peritonitis:

Of overwork
Of oppression
Of bottled-up rage.

Our geniuses were never taught
To read or write.

We must recuire a past adequate
To our ambitions.

We must create a future adequate
To our needs.

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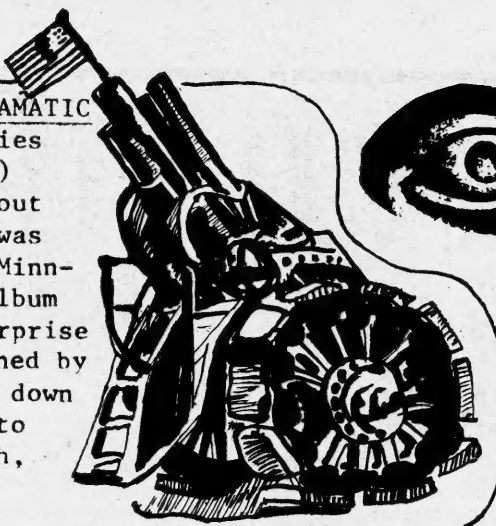
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THE PRO-DOPE ANTI-GOVERNMENT DRAMATIC RECORDING TROUP Hevy Gunz Industries has had its first album (a double) "Rownd Wun" in circulation for about a year now. Originally the album was produced by Cold Shot Records of Minneapolis but as of June 16th the album is being co-produced by Stax-Enterprise Records of Tennessee, which is owned by Paramount, Gulf, and Western. A cut down version of their album will go into world distribution about July 15th, 1971.



SHORTS

• UPS • LNS • FRINS • WIND • BOWNC •



SISTERS IN THE HOLE FOR HISSING

When Milton Berle was in Detroit a few weeks back, he and his public relations people thought it would be a great idea to entertain the women at the Detroit House of Correction --and get it on TV too. When it looked as if the audience for this benevolent gesture was going to be embarrassingly small, many women who had not planned to attend were coerced into going.

As the TV cameras whirled, Berle began his standard repertoire of lewd jokes. The women in the audience began to hiss and boo and the TV cameras had to be turned off. Berle left in a huff.

The story would be comic if it didn't have a bummer ending--fifteen women were put in the "hole," that is isolation and darkness, as a punishment for their impolite behavior. Ole Uncle Miltie didn't leave them laughing.

SALEM, Ore. (LNS)--Senate President John Burns recently ordered the Oregon State Police to arrest at least four Democrats and return them to the Senate. The Senate needs a quorum of twenty so it can continue to do business.

Fourteen Senate Democrats have been boycotting the Senate sessions. When they heard the arrest order they all left their caucus room and fled out the front door of the Capitol.

A new organic restaurant almost happened last week in Dinkeytown (by U campus) below the YMCA. Not enough people came together to help make it go--so we want to try again.

Its a good location--vacated for the summer by ROARING STOMACH--the Chatel Student Eating Co-op. Their

kitchen exists and had an excellent cook who is willing to stay on if sufficient help arrives to serve the cafeteria line, clean up, help cook, and do the many intricate details the Minneapolis Board of Health authorities seem to need done so a restaurant can exist in Mpls.

Come by Living Learning Center or call 338 2184 June 23-25th (Wed-Fri) and ask for Jim if you've got some energy you'd like to expend on a good thing.

2ND ANNUAL SMOKE IN!



YIPPIES A-ROLLING STONED JULY 4th Wash.D.C. (lms)--"Toke on down for the annual July 4th smoke-in!" is the call issued by Youth International-

al Party for this year's celebration of independence.

Last year at the first smoke-in 25,000 young folk reduced the Billy Graham/Bob Hope "Honor America Day" to total confusion. This year the yippies are hoping to mingle free dope and music, the People's Peace Treaty, demands for a repeal of drug laws against marijuana and for the freedom of political prisoners with the regularly scheduled free Smithsonian Folk-Life Festival on the Washington Monument Mall.



THE EVERLY BROTHERS, one of the top rock groups of the late fifties and the early sixties, have applied for a visa to People's China. (-UPS)

Dealing ...

So far this year the only hassles with selling the paper have been on parkboard property. According to the law you can only sell the paper in parks and around the lakes--if you are employed by the parkboard -- to sell specific commodities. But who said news is a commodity? One person had his papers taken away when he asked

a cop if he wanted to buy HFs. But if you keep all but one paper in a beach bag of some sort, and stay behind the backs of any parkboard security or city cops you will be able to quietly make the rounds. In this hot sunny weather there are plenty of people out soaking up sun and water.

There are other good places to deal the paper besides the usually crowded (with dealers) corner of 7th and Nicollet, too. At downtown movie theatres showing good flicks you can hawk the paper before and after. Check out the schedules. First evening

--and weekend showings are usually most crowded.

Sell the paper at Acme Film Society, Piper Film Club, U Film etc. before and after.

Concerts are great places to get rid of papers, both before and after. You can also pick up back issues at the office to give away at free music-in-the-park events. People dig it.

Jobs are plenty scarce. By getting to the right places at the right times you can pick up some easy bread.

Get down to the people this summer. See you in the streets!

FOLKS WHO GOT THIS TOGETHER THIS WEEK WERE: BRIAN, SHANNON, MARGOT, JOANNE, DEBBIE, KATHY, BILL, VICKI, JIM, HELEN, JERRY, DAVID, VETS, DALE, SHAKTI, ALL THE DEALERS, DAN ELLSBERG, NORTHCOUNTRY CO-OP, AND VICKI (IN ABSENTIA) -- WHO CRANKED HER NECK ON THE FLOOR OF THE LAKE. PEOPLE ARE NEEDED TO HELP BY DOING PHOTOGRAPHY, ROUTES, DRIVING TO THE PRINTER, LAYOUT, PANHANDLING, WE CAN USE DONATIONS OF MONEY TO GET US OUT OF DEBT, AND SOMEONE OUT THERE MUST HAVE A

SPARE ELECTRIC FAN (OR AN AIR CONDITIONER MAY BE?). WE ALSO NEED LAMPS AND FOLDING OR DESK CHAIRS, AND XEROX PAPER. IF YOU KNOW OF USEFUL OR VALUABLE INFORMATION PLEASE WRITE IT UP, OR GET IN TOUCH WITH US SO WE CAN. MEETINGS TO REVIEW THE NEW ISSUE AND DISCUSS THE PAPER IN GENERAL ARE HELD EVERY SATURDAY, 4PM AT 529 CEDAR AV. AND

HUNDRED FLOWERS IS A MEMBER OF: UNDERGROUND PRESS, SYNDICATE, LIBERATION NEWS SERVICE, WISS INDEPENDANT NEWS SERVICE, FREE RANGER INTERTRIBAL NEWS SERVICE, AND BIRD ON A WIRE NEWS CONSPIRACY. HUNDRED FLOWERS OFFICES AT 529 CEDAR AV. 2ND FLOOR, PH. 333-3717 333-8471 ARE OPEN TO YOU

Deal

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Minneapolis, Minn. 55407



WALK FOR

PEACE



There are many methods that people have used in the past to ask for peace. There have been massive demonstrations, peace rallies, and peace marches. Right now, a group of Minnesotans are walking for peace. The distinction between marching and walking is an important one, because marching has the implication of military order. There is no "military order" in this walk for peace, but instead, a passive attempt to communicate the message of peace to people who often have a hard time hearing it.

The walk was arranged by Minnesota Clergy and Laymen Concerned who originally organized for the purpose of trying to end the war in Southeast Asia. But the peace march is more than a demand for immediate withdrawal; it is a tool to reach the people in rural America and directly confront them with the Southeast Asian war as well as the problems of violence in America. The peace walkers hope to give the people themselves a chance to discuss the war with their own neighbors, a situation which many of these people have never encountered previously.

A great deal of preparation went into the walk, both on the individual level as well as a preparation of the separate towns. Each individual was asked to read two specific books, War in Asia by Noam Chomsky and A Peaceful Solution by the Peoples Commission of Inquiry (a group that met with the Provisional Revolutionary Government). It was suggested that the walkers read these books, because they present seemingly unbiased views about the war.

Before the walk there were four preliminary meetings to discuss non-violent tactics. The meetings also explained all necessary items to those participating in the walk. There were meetings held after each 15 mile walk to discuss the affects of the walk and to suggest ways in which the walkers could be more effective the next day.

Each town was visited beforehand. Contact was made directly with each local organizer and later

by phone and letter. The local police and the clergy were also contacted so that they could understand the procedures of the walk and could also be available for assistance if necessary. Only one town, Canby, refused to help the walkers.

The walk, which began on June 2, is to circle through Southwestern Minnesota until it reaches its final destination, Minnehaha Falls Park



in Minneapolis, on July 2. At this time, a peace celebration is planned to welcome home the weary travelers who walked for peace.

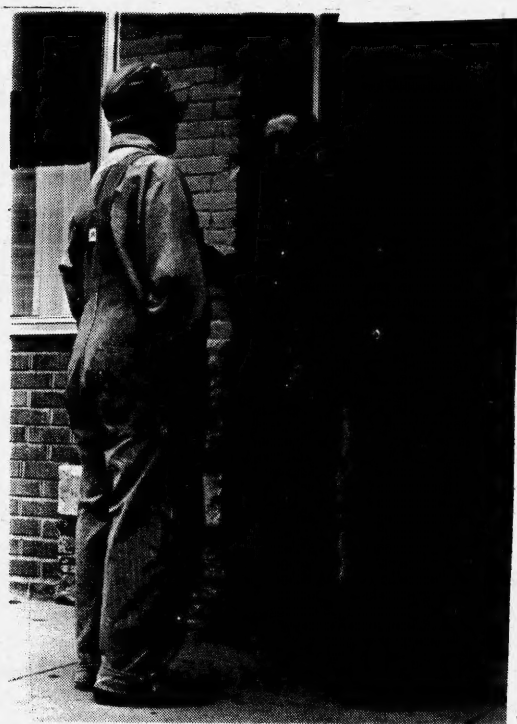
The peace people walk in single file a few feet apart from each other. There are two cars which follow the walkers all the way and a "Caution-Walkers" sign 100 feet ahead them. There are 10 minute breaks each hour and a 45 minute break for lunch. The age of the participants range from 2 to 82 and all seem to enjoy their "work"; there is seldom any complaining. Every evening there is a program where the townspeople and walkers

gather and rap about the war, violence, and other related topics.

The march, so far, has been very encouraging. One walker estimated that about 70% of the people passed on the road flash the peace sign. In some towns, older women passed out doughnuts and other goodies to the walkers. In Lamber-ton, a two-man band, consisting of an accordeon, drum, and cowbell (the cowbell was used when the people applauded) played for the enjoyment of the peace walkers. The rally in Litchfield was attended by 150 people. Sadie, an 82 year old woman born and raised in Tracy, was heard to say, "It takes radical people for radical situations." She joined the walk for a short time. In Montevideo, where a centennial was in progress, the peace walkers were allowed to speak, and they received a very friendly reaction from the townspeople. And in Springfield, people willingly gave Sunday leftovers to the hungry peace walkers who could not buy food because of the Womens' Strike for Peace. (The women asked the people in the walk to please refrain from buying anything on this day as a protest against the war.)

People are encouraged to try to join the walk if possible. If you cannot participate in the walk, show your support by attending the celebration of peace in Minnehaha Falls Park on July 2.

Those people living in the Twin Cities area who want to join the walk for a few days should contact Jan Janicke at 781-1649 to get the exact location of the walkers. Jan will be able to tell you exactly where to meet the walkers on the day you plan to come out. Out-state people should find out the name of their local organizer and contact them for the exact time of the walkers arrival in their area. Write or call the people at Minnesota Clergy and Laymen Concerned if you have any questions.



Exclusive

ELLSBERG

Daniel Ellsberg has been much in the news lately since he was identified as the probable "leak" of the Pentagon papers on Vietnam. Dan himself thus far has refused to confirm or deny these suspicions and has kept himself incommunicado since the first New York Times article about the documents. In any case, it is certain that he has spent much effort in the last year trying to bring the import of the papers to the attention of both the public and many government officials. He considers the papers to be "the U.S. equivalent of the Nuremberg war-crimes documents" and hopes that "now those responsible for the escalation of the war will be held to account for the papers they signed."

After serving as a lieutenant in the Korean War, Dan worked with the Rand Corporation, a government think-tank, where he performed defense and foreign policy consultant work under Eisenhower, Kennedy and Johnson. In 1965 he was sent to Vietnam. Working on pacification studies, he was first with the Defense Department as a GS 18 (highest civilian grade - equivalent to Lt. General) and then with the State Department as FSR I (highest grade - just below ambassador). He returned to the U.S. as an increasingly outspoken dove. He worked with Henry Kissinger for a number of weeks in late '68 and early '69, and was with Rand until April, 1970. Dan is now with the Center for International Studies at M.I.T.

* * * *

The Pentagon Papers provide documentary evidence for something that radicals have been saying for a number of years - that the Vietnam War was no mistake; rather it was a deliberate, calculated maneuver to assure U.S. hegemony in Southeast Asia and the Asian Pacific.

Despite platitudes to the contrary, U.S. objectives in that part of the world remain unchanged. Therefore, the death and destruction in Vietnam will continue unabated. We hope that the lesson of the Pentagon Papers and the analysis of the future provided in the next articles will generate a new sense of urgency in the American people to stop the insanity of their government.

* * * *

The staff wishes to emphasize that in printing these comments we in no way wish to help create another "movement heavy" or reinforce tendencies toward eliticism. We do, however, believe that because of his unique background Dan's analyses are particularly noteworthy and valuable.

When Dan Ellsberg was in the Twin Cities earlier this year - to testify at the trial of two of the Minnesota 8 - a number of us had a chance to rap with him. During that conversation Dan laid out a very candid analysis of the war, the private strategy of the Nixon administration and the prospects for the future. Here are some excerpts of Dan's comments during that discussion;

...I still have some contact with them (former colleagues in government) and they have complicated my life a great deal in the last year; because if I had not been talking to them I would have been willing to believe what most people in this country believe, and that is that Nixon, whether he likes it or not, is bowing to political realities and getting out of Vietnam.

There's the Stuart Alsop theory, in his columns in Newsweek, that Nixon is carrying out an enormous strategic retreat. 'He's getting out,' Alsop hints sometimes, 'totally. Those things you may have heard, that thunder in the background, is an occasional parting shot in what is basically a retreat. And don't worry about his threats, about escalation and so forth - that's just rhetoric.'

I've found over the last year that this is what most people in the country want to believe; and although it contradicts what Nixon has been saying more than most people seem to realize, that doesn't make it incredible, because, as we know, who believes in what a president says?

He says he is going to stay in for a just peace; and he will not be humiliated. He will not accept a defeat; he will keep as many troops there as necessary, he says, and if they are endangered he will not hesitate to take strong and effective measures: "See what I did in Cambodia, see what I did last week..." He tells us all this, but people don't necessarily have to believe that - "That's just the president talking to the public."

So, unfortunately, I've had the pressure put on me. The people whom I trust, who were working for Henry Kissinger, and other people in (the Departments of) State and Defense, were telling me "Believe the President," and they would say, 'at that time, "I can't tell you why, I can't tell you the details, but when he says he's willing to escalate, believe him." And they said this before Cambodia, and they said this before this last (POW) raid.

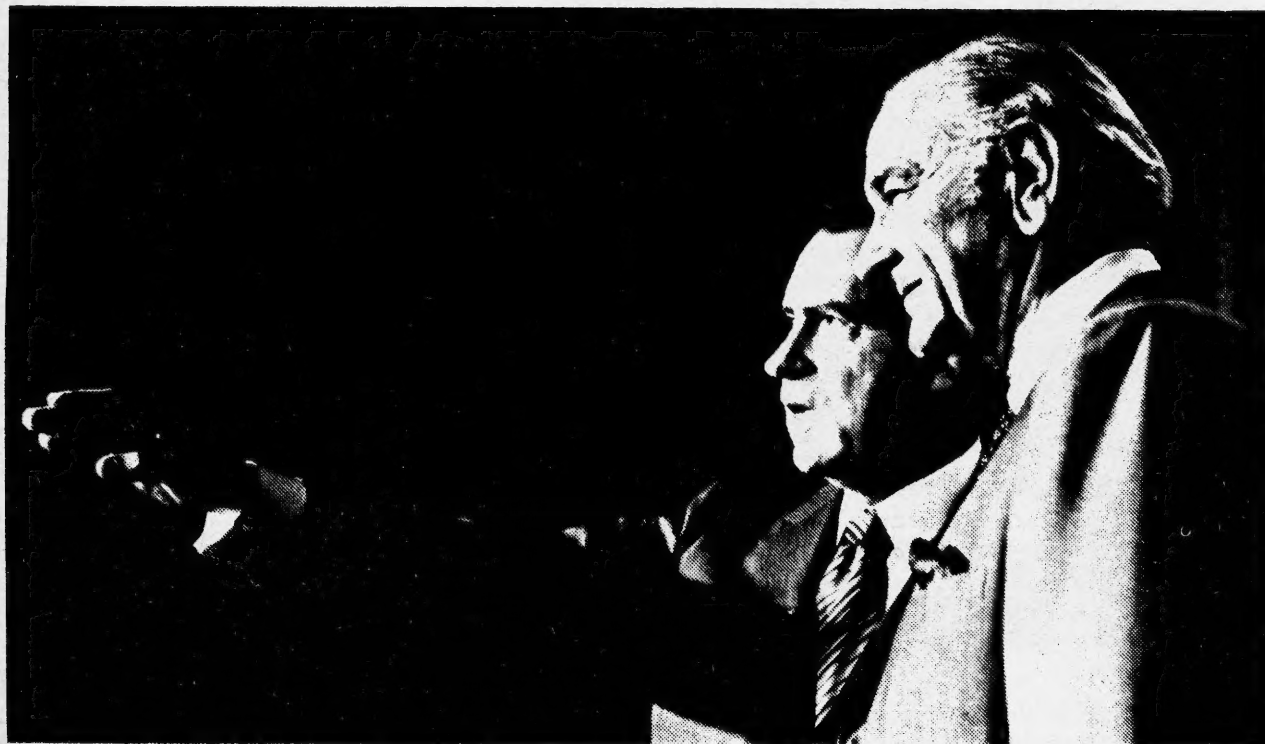
I'll give you what I am now perfectly convinced - and have a good deal of evidence - is the Nixon strategy right now. I think that Nixon, like the four presidents before him, is determined not to be in office



when Saigon falls to communism. And he is also determined, if possible, to stay in office until 1976.

Those two requirements mean to him that he cannot withdraw all troops of anything like all troops from Vietnam. He can reduce troops, because we had far more troops there than we needed to hold onto Vietnam. The extra troops were being used in a vain attempt to do the trick, to kill enough of the other side to cause them to surrender. We've given up on

ON U.S. STRATEGY



that. Just to hold on to Vietnam, he had several hundred thousand more troops than he needed; so this gave him people to throw to the wolves, in effect, to throw off the sled when the political wolves got on his heels. And he's been dealing these out now, as needed.

But his plan is, first, to keep a hundred or two hundred thousand troops in Vietnam, indefinitely. He would like to get it down to fifty thousand. That's conceivable, but unlikely.

So it involves the presence in Vietnam of a hundred to two hundred thousand troops, doing logistics work, transportation, intelligence, communications, and above all, support to air operations, and including U.S. helicopter operations, 50 caliber armed helicopter operations, which already cause most of the Vietnamese casualties.

To keep those troops in the country, to make that acceptable to the American public, you have to keep casualties down. And to do this he plans not only to get them out of combat areas, but to threaten the North Vietnamese that if they should cause combat casualties at an excessive rate, or embarrass him politically by attacking hard, whether they succeeded or not, or by taking over too much of the country, he will destroy North Vietnam.

So a deterrent threat of bombing is the second pillar of the strategy, of what he calls 'Vietnamization.' And in the beginning it was an unspoken promise, which he has more and more made an explicit promise, and now completely explicit.

Third, why did he expect that this threat would deter the other side when past bombing did not? And the answer is, in his mind, first, it's a bigger threat than the Democrats made.

He has criticized the Democrats for small indecisive escalation; and what he has in mind, ultimately, is

such things as the mining of Haiphong, the destruction of Hanoi and Haiphong, unrestricted bombing, probably including destroying the dikes - just a very massive bombing of North Vietnam, which is what I mean by burning North Vietnam to the ground.

The urban destruction of North Vietnam could be far greater than it ever was before. He thinks that will make it effective...

And the other thing is, he will demonstrate that he is willing to do it. He'll make it credible by occasional large demonstrations, not only that he is willing to do it, BUT THAT HE CAN GET AWAY WITH IT DOMESTICALLY. He says to himself, "They are counting on domestic unrest, or congressional dissent keeping me from doing this. I will show them that I can do this and manage it in such a way that I don't get major dissent, or that I can ride it out."

That's the major outline for the strategy, carrying him at least to '72.

Looking further ahead, he probably does have the positive hope that by blocking the North Vietnamese long enough, threatening them that if they attack - they can't attack, because if they did they'd get burned out - they'd finally tire and make some very sweeping concessions which we could perhaps accept...

He has one premise there that may well be right. And that premise is that the American public cares mostly about U.S. casualties, and by reducing those he has the major aspect of dissent. And the American public does not care about bombing and does not care about North Vietnamese casualties or South Vietnamese casualties, or Laotian, or Cambodian casualties or refugees...

He and Kissinger believe that his reaction to Cambodia was a re-

(continued on page 6)

PROTEST AND RESISTANCE

In January Dan Ellsberg testified at the trial of Mike Thériault and Frank Kroncke of the Minnesota 8. During that trial he gave some interesting testimony concerning the effect of anti-war protests, draft board raids, etc. on decision-making in the highest levels of government. The following are some excerpts from that testimony; the questions are asked by Ken Tilsen, Mike's attorney, and Frank, who defended himself:

Q: Can you describe...the major factors that go into making a decision such as withdrawing troops, or the other decisions that you described that you participated in...

A: Well, of course there are so many considerations and it is such a complex judgement that it would be hard to summarize or know where to begin.

But if I may, your honor, your own point suggests to me the point to begin, and that is, considerations of incidents such as happened in Minnesota, of draft resistance or of civil disobedience, were very much a consideration from 1964, before they had really occurred very much, and 1965 on.

They were a predominant consideration in the year 1968, and certainly 1969; very explicitly so...

I myself reported in part on this consideration with respect to the bombing as early as the fall of 1964, drafting a Defense Department - and my draft was used - a ...commentary on the bombing proposal, emphasizing that it would be regarded...and reasonably so, as unjustified, aggressive and immoral and would undoubtedly lead to great act of resistance and that this would mean domestic political costs and international political costs that far outweighed the effectiveness of bombing, which from my study of the strategic situation and my knowledge of estimates being presented by the intelligence agencies was likely to be zero...

Q: Is it fair, then, to say that persons in your position and other decision-making positions in the government took into account and assessed the effect of acts of what might be called resistance to the war, refusals to submit to induction, entries into draft boards, that these acts were taken into account in determining American foreign policy, vis-a-vis the Vietnam War?

A: They were taken into account steadily. Obviously, they were not

(continued on page 12)

war strategy....

FROM PAGE 5

action first to the Kent State students and second to the troops in Cambodia. Specifically, that students were mainly concerned about Kent State and adults mainly about the troops... If he could do without shooting white students next time, and if he keeps American troops out of it, he could get away with a lot. The POW raid and the bombing (and the Laos invasion) have probably persuaded him he is right.

The other aspect though is that his bet on the North Vietnamese is almost surely wrong. In fact it's such a stupid mistake that one could hardly imagine how a U.S. President could make that mistake. But all you have to imagine is that he is not better than the four presidents who preceded him, that they all made that mistake. They all made that assumption: everybody has a breaking point, these people too, etc., etc., which is not a good assumption...

The people who are expert on North Vietnam and follow what they are saying and are in contact with them believe it overwhelmingly likely that the North Vietnamese will challenge it. Especially when they realize his intent to keep troops there, which they probably already have by now. And when it is clear to them that domestic dissent will not get Nixon out of there...

The implication of all this is that the war is not over. And that expansion is likely, very likely. And it will take the form of continued, heavy Indo-Chinese casualties, which have never reduced actually... Increased casualties, if anything, and increased bombing, very increased bombing.



Now, what to do about this? Most of the people who've been telling me this say the only thing that can be done, basically, given the attitude of the public, is to get rid of Nixon in '72. And that may be true. It certainly is the most likely way, without at all being a guarantee... On the other hand, the same people believe premises that I just told you, that have the implication that North Vietnam is likely to be destroyed before November of '72, or before January of '73. And if you're very concerned about that, which I am, then the election is not an answer...

(I was talking) with Harrison Salsbury, who's editing the Op-ed page, the page opposite the Ed page in the New York Times, last week. He said - and I have now one last turn of the screw here - he not only believes I was correct in this prediction of the future, but that he has believed for a long time, on the basis of his personal knowledge of Nixon, that Nixon believes that he wants, and in fact that he believes he must have to get through the next election, a crisis like the Cuban



(missile) crisis - to win the way Kennedy won. Not necessarily a nuclear crisis, but a major power confrontation, so that he could show once and for all (that he has) balls or something... And that he will win the political influence, and the diplomatic influence... He feels he needs that before '72...

Finally, the possibility of nuclear weapons comes in the following ways... Some of you may have seen a column by James Reston that said this president will use nuclear weapons - dash, underline, any weapons - to protect American troops if necessary. The JCS (Joint Chiefs of Staff) would probably feel that was the best offer they'd heard from a president since Dulles under Eisenhower and Nixon, who was associated with that policy... again, it would probably fail to deter, ultimately.

Nixon could feel that having made the threat of that...that to protect his credibility he'd have to carry it out. In fact, I could imagine that Nixon, this president - and this makes him, I think, the most dangerous president that we may have had of the last five - has in his mind that his gift to history will be that he will restore to the American arsenal the threat of nuclear weapons, the power of that threat.

And what it will take to restore it is an effective use of nuclear weapons, probably a demonstrative kind of clean airburst, small, tactical nuclear weapon on an unpopulated area or something. But a precedent that would give him back the threat.

If that is so, he is the most dangerous man in the world. He probably is anyway. But in historic terms this would be a great step upward...

QUESTION: Hasn't he been pledged to non-first use?

RESPONSE: No... You think so... a lot of people think so... No. As a matter of fact, it has been put to Henry Kissinger several times in this adminis-

tration: "Are you not willing to give a no-first-use pledge for Vietnam?"

And he has said "No, we will not do that."...

QUESTIONER: Couple that with a massive rounding up of radicals in major cities of the country.

ELLSBERG: I think he'd be prepared - that's by the way the last thing mentioned. The... This ought to cheer you up (laughter)... The - that is - I think that they would not do such again, any kind of major escalation, without preparation of a kind that they did not have with Cambodia, both to keep the thing in hand, and, if anything, to exploit it with a really major Canadian type, if not Greek type capability for keeping things in hand.

And I presume that the planning for this is going on now, as contingency planning.



U.S. Marshals (sounds nostalgic huh?), Henn. County Deputies, Naval Reservists, and U.S. Marines outfitted with riot sticks, bayonets, M-16s, backed up by snipers-- 150 officers in all, were used against the 40 Indian men, women, and children. Contrary to reports in the Minneapolis Star and Tribune the Indians possessed NO weapons.

charged with assaulting federal officers, --a felony with a penalty of 10 years and/or \$10,000. fine. 16 others were arrested for trespassing.

Judge Bernard Zimpfer originally set bail at \$5000. for Jerry and Bruce. then increased it to \$50,000. when he learned donations would cover the original bail fee.

After being held for 12 days, Zimpfer allowed Jerry and Bruce to bail out for \$5,000.. Some price for the Indian community to pay for land which belongs to them, and which the Navy has offered to sell to the City of Minneapolis for a Zoo!The city didn't want it.

Jerry Roy and Bruce Livingston are scheduled for preliminary hearing Monday June 28th, 9:AM at the U.S. Federal Building, downtown Minneapolis.

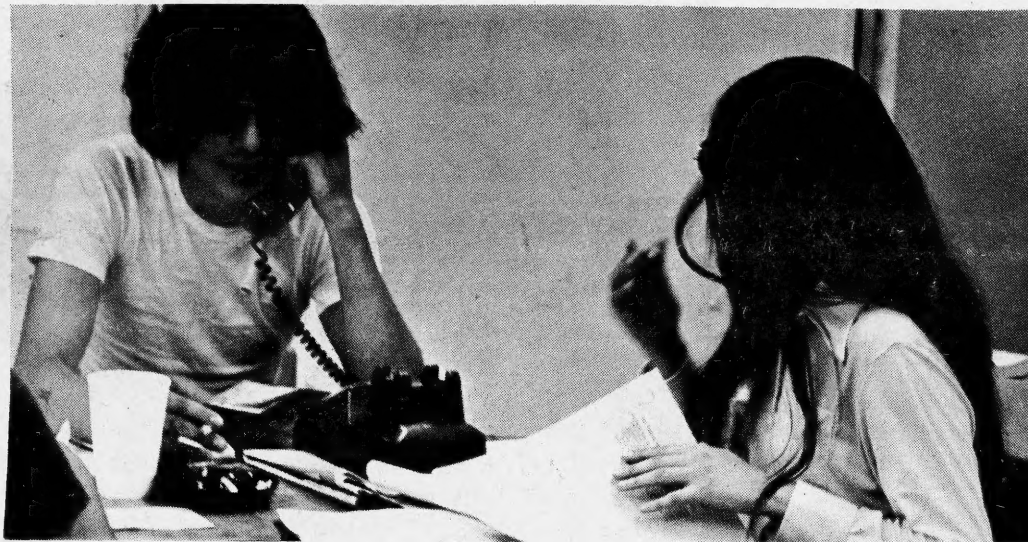
Come and show your support for the native North Americans. This is their land!

RED POWER!

JERRY ROY

On May 16th 1971 Indians from all over North America participated in an intertribal reclaiming of Indian Territory in Minnesota. This land has recently come to be known as the U.S. Naval Air Station, Minneapolis. (A complete American Indian Movement account of the story is in vol.2no. 10 of HF,available at office).

The Naval Air site had been deactivated since June 10, 1970, and according to the Sioux Treaty of 1868 all Federal land not being used by the



BRUCE LIVINGSTON (LEFT)



COME OUT, COME OUT

June 27th is the second anniversary of the Christopher Street gay community's riot at the Stonewall Inn in Greenwich Village. Last summer, thousands of homosexuals from all over the country gathered on Christopher Street and marched up Sixth Avenue to commemorate the Stonewall riots and celebrate the coming out of the Gay Liberation Movement. This weekend Gay Pride will once again be celebrated in New York, Chicago and Los Angeles.

Unfortunately, Minneapolis-St. Paul's gay community hasn't got it together enough to organize a public celebration so I'm unable to invite you to join me this Saturday & Sunday. Instead, I'd like to share some thoughts about 'coming out' with you and the best way to do that is to speak from my own experience. The following somewhat rambling rap should be viewed as one segment of what hopefully will be a semi-regular column.

**CELEBRATE
CHRISTOPHER ST.
DAY... LOVE A
FRIEND... HELP
HER OR HIM TO
COME OUT.**

THE FIRST IN A SERIES OF TRUE CONFESSIONS BY A FLAMING FAGGOT!

Although I only started to deal in a positive way with my homosexual feelings during the last two years, I've always been gay. Ever since I came while wrestling with a childhood friend and masturbated to the memory of another's tanned leg between his cuff & sock (which would catch glimpses of during junior-high class periods), I've known I was capable of loving men.

During high school, I conformed to the dominant teenage sexual norms and dated girls. But in the shower room after P.E. I'd trip out on the beautiful bodies of my fellow classmates. You had to watch it though, as someone might think you're queer and punch you out. And god knows, you didn't want to think of yourself as "queer"—so you'd look away, try to forget your rising cock and think about something else. During those days, my sexual feelings faded in a rush and my soul remained stifled and straight for years.

Later in college, I roomed with two or three good friends at different times and secretly loved each of them. (At the time there was nothing like Gay Lib on campus.) For instance, Gene and I dated girls together and even compared notes on our first real sexual exploits with women, confessing our 'first-time' confusion to one another. (In doing so, we at least refrained from indulging in the chauvinist bull sessions which usually characterize competitive male raps.) One day, Gene told me that a mutual friend of ours had confessed his love for him. Although I was secretly jealous & envious of that friend's honesty, I pretended to share Gene's shock at Peter's open advance and joined his laughter at such "faggots". It seems perverse now, but at the time I loved Gene very much and it was the only way to stay near him. I went back to my room afterwards, cried and fantasized about how an attempted suicide might bring him closer to me.

Gene was a beautiful boy and I wanted to touch and kiss him very much, but didn't. The gay flames in my soul temporarily died out and shortly afterwards, he moved away. Years later, Gene returned from med school where he had been taking psychiatric courses. He took me aside and with great authority, told me that I had "definite homosexual tendencies". Then he asked if I knew it and wanted help. From him? That bastard. I felt betrayed, wanted to kick that Great White Doctor in the balls.

Years later, I shared an apartment on the West Bank with a robust politico. We enjoyed arguing about politics with one another, drank Scotch and frequently double-dated. One day we had an argument over a girl we both liked and Lee stormed off to get drunk. Later that night, he returned to the apartment, took my hand and told me he was jealous—not because he wanted the girl but because he loved me and didn't know how to deal with it. I could n't help but burst into laughter—the absurdity of it all—and kissed him. He withdrew for a few days and then, filled with Scotch, he came to me and we made love. Frequently he took me motorcycle riding and I held tightly to Lee's waist and watched the road through his blond hair. For a brief time, I was lucky enough to have someone to rap approvingly about being gay.

Our romance flourished for awhile, but we feared the reaction of our Movement friends. Although we were already living together, we took precautions to mess up the other bed before answering the door, stayed apart when people crashed overnight, and danced with women at parties. Privately we were passionate lovers, but publicly we pretended we weren't interested in each other—except as Movement comrades.

But all things must pass and our split lives were limiting us so we agreed to pursue other trips. He introduced me to his girlfriend and we competed over her. I became involved with her and he also got into another love affair to prove to himself he was straight after all. Soon, he got into the Trotskyist movement in a big way and suppressed his gay feelings. I guess letting his homosexuality come out again would conflict with his political ambitions. (Until recently, the Trots and other such sectarian groups forbade gay people to bring their 'personal problems' into their 'revolutionary' activities. Now that the SWP-YSA has opportunistically provided for a 'minority gay caucus' within its ranks, maybe Lee has come out again. I don't know, but being a homosexual in most right-ass macho Movement circles is usually a drag. But more on that later.)

You may find these two stories unbelievable, somewhat pathetic, but most gays have experienced variations on the theme. You may not believe it but even

after these two experiences & more, I lived with a guy for more than a year, assumed he was straight and visited him this spring—only to discover that he is happily gay (& always has been). He told me that he went to see "The Leather Boys" with a roommate that he secretly adored. At their apartment after the movie, the guy insisted it was completely unbelievable that the two heroes would be friends so long and one not know the other was Gav. My friend said he thought it was quite plausible. "You sleep on the porch tonight," replied his roommate. A few weeks later he moved out.

Every week, I discover that we (Gay people) are everywhere, and I wonder more and more how we can continue to hide from each other, cowering in our closets. It's difficult to 'come out' of those closets because we are so vulnerable, so easily hurt, and have taken so much shit in the past.

But now that I'm "out" I find the reactions of people much less painful. Heterosexuals—especially couples—almost invariably crack the same tired jokes about faggots n' fairies. Individual males make a great display of keeping their distance if they know you're gay. The only people (besides gay brothers) who really seem to appreciate our 'coming out' are the sisters—liberated women—who talk openly about sex, take it well & understand. Perhaps most depressing are the "closeted" male gays who avoid raps about Gay liberation and instead act invisible. I see you brothers—I know because not so long ago I acted just as you are now. COME OUT, COME OUT—OUT OF YOUR CLOSETS AND INTO THE STREETS, INTO THE SUN.

(In future columns, I hope to rap about my experiences in the Movement, counter culture, whatever and other things. So until then... take my advice and LET YOURSELF GO BROTHERS.

SHANNON

Page 8 Hundred Flowers

SENSUAL LESBIANISM:

Sex is an institution. In an oppressive society like Amerika, it reflects the same ideology as other major institutions. It is goal-orientated, profit & productivity orientated. It is a prescribed system, with a series of correct & building activities aimed toward the production of a single goal: climax.

It's also a drag. For women, in a culture based on our oppression, heterosexual sex is a product we have had to turn out. To encourage us we are given two minutes of this, a few minutes of that, a couple minutes at something else... all aimed towards the Great Penetration and the Big Come.

There is a great pressure to have an orgasm. Sex without orgasm is a failure, it's a drag, it's incomplete, and very sad. (Just like marriage is not real until it is "consummated".) Because of phallic imperialism built upon Freud's ignorance of the female body, orgasm is supposed to come from intercourse. That's just terrific for boys, but since our orgasm-producing organ is the clitoris, external to the vagina—contradicting capitalistic sexist physiology—many women don't produce the appropriate orgasm thru heterosexuality. By that criteria, they are frigid.

I'm a lesbian. A lot of people can't figure out "what we do", how we make love without a penis around for the final consummation. A lot of boys have these ideas of dildoes and bananas. Sex as an institution is so totally tied up with the penis and it's goal that boys assume there must be some poor substitute for their noble item.

I always hated sex with men. The pressure of the goal, the rigidity of the process and ends was always totally unsatisfactory. When ever I heard the word "sex", all those shitty experiences I had with men came to mind. I cannot separate the "sex" from the phallic tyranny I suffered from for so many years.

For me, coming out meant an end to sex. It's dead and gone in my life. I reject that institution totally. Sex means oppression, it means exploitation. It serves the



needs of boys. It has little to do with pleasure for the great mass of oppressed people: women.

Physical contact and feelings have taken a new liberatory form. And we call that SENSUALITY. The women's movement in general, especially at the beginning, and gay feminism now is a fantastically sensual experience for me. I love my body and the bodies of my sisters. Physicality is now a creative non-institutionalized experience. It is touching and rubbing and cuddling and fondness. It is holding and rocking and kissing and licking. Its only goal is only goal is closeness and pleasure. It does not exist for the Big Orgasm. It exists for feeling nice. Our sensuality may or may not include climax. If it does include genital experience, that may joy may not be the beginning or the ending of the experience. It may be anywhere, or nowhere. To make good love with women, I don't want to have to "produce" anything. Except pleasure. And that can be at any level or anyform. The sensuality I feel has

transformed my politics, has solved the contradiction between my mind and my body because the energies for our feminist revolution are the same as the energies of our love for women. When we feel good about someone we may sleep together. That could mean a lot of things from hugs to climax to cuddling to being very close but not touching. If we feel good in a group we may have a pajama party, which would be called an "orgy" inside the institution of adult sex. That could be a genital thing or not. We are free to act without pressure. I refuse to feel like I must make a decision about whether to "put out" or not. There is no such thing as putting out among us. There is no set physical goal to our sensuality. There is no sex.

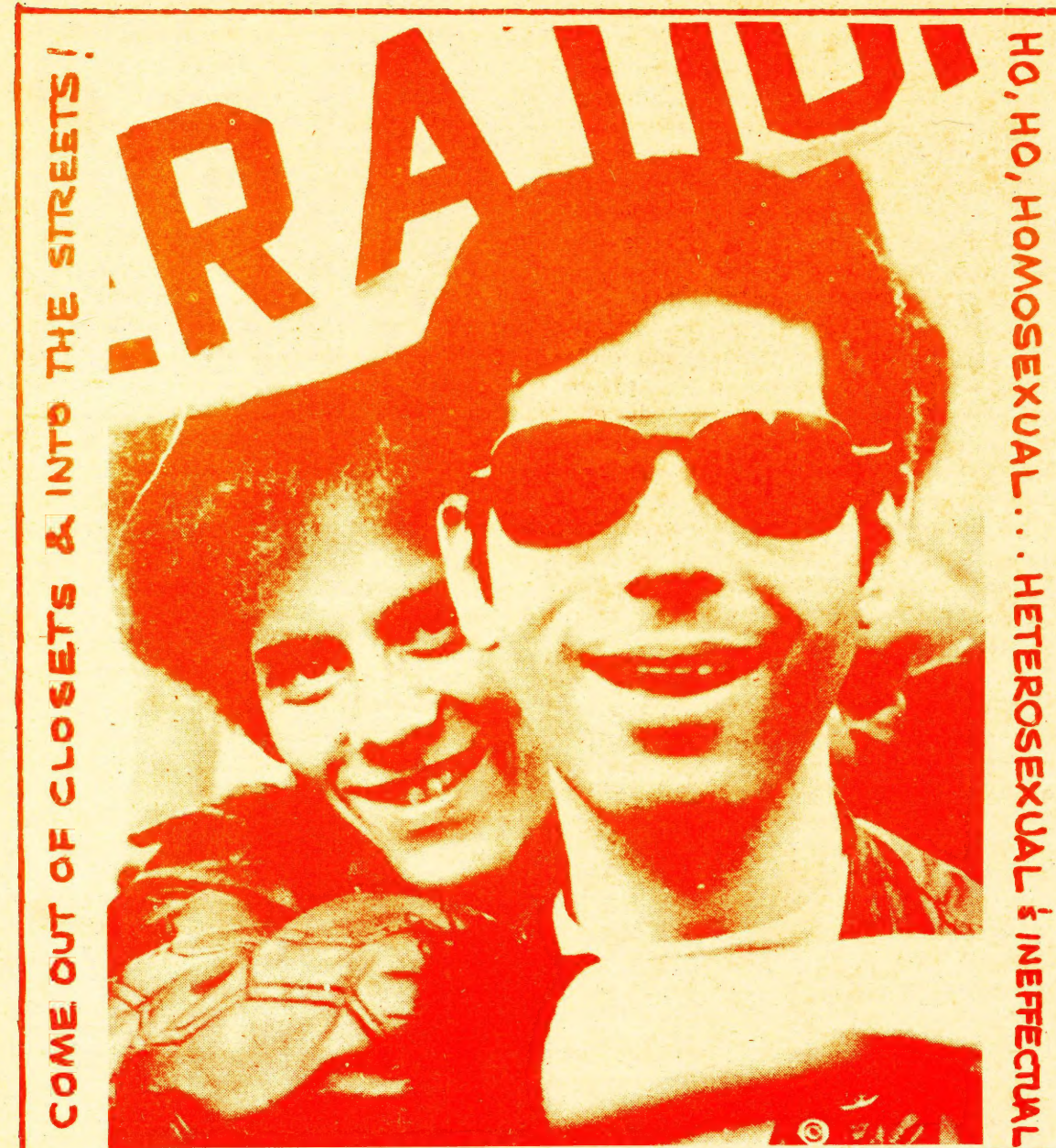
Sensuality is formless and amorphous. It can grow and expand as we feel it. It is shared by everyone involved. It isn't something one puts out for another. Sex with boys was like doing alienated labor so that the one with power could make good profit off of my surplus labor. Sensuality with women is a collective experience growing out of our struggle.

Smashing the notion of sex, getting away from these concepts so intimately tied up with the penis, helps us destroy roles. One thing we realized in my close group of gay feminists is that the word "lover" doesn't describe anything for us anymore very much. It is very hard to tell who is who's lover, because that is a condition determined by genital contact in our society. But among us, we have a very brazen set-up. I don't sleep with the same woman every night. I might cuddle with one sister tonight because we were together and felt close and I might crash on some mattress with a bunch of women tomorrow because we all danced together half the night. If your lover is someone you feel emotional and physical attractions to and where there is some kind of mutual commitment, then we are surely the biggest group of floozies in town. It's so wonderful. Without that kind of exclusive coupling sex and lovers breeds, people cannot fall into traditional roles so easily. Because each time you sleep with someone you have to make the decision that time. Monogamy takes away free will. It becomes an institutionalized habit to sleep together regularly and there is not usually a fresh decision each time. Amongst us, our getting together is dependent on the reality of the present, not on the promises of before.

Sensuality is something that can be very collective. Sex is private and tense. Sensuality is something you want your best friends to feel and act on with your other best friends. Sex is something you want power and territorial rights over. Sex is localized in the pants and limited by that. Sensuality is all over and grows always. Sex is pinpointed in the pants because the penis is there and the penis is, if not the material source, the material basis for power in Amerika. If you don't have capital you get fucked over by those who do. Unless you attach yourself to someone who has it so that you can serve them in exchange for protection. (Known as marriage). Sperm is coin. And that whole system of exchange necessarily excludes us as lesbians.

SUE KATZ & RAT

Hundred Flowers Page 9



CHICANO - WHITE RIOT

ALBUQUERQUE (LNS) Nearly \$3 million worth of property—including a police station, several squad cars and a section of the U.S. Federal Building in Santa Fe—have been destroyed in three days of fighting which saw police open fire into crowds of young Chicanos and whites.

Two Chicanos are dead and scores of others—Chicanos and whites—are wounded. By Thursday June 16, an uneasy quiet prevailed over the city as nearly 1000 National Guardsmen and state and local police patrolled the streets.

It all began the previous Sunday afternoon when police tried to arrest four Chicanos for drinking wine at a rock concert in Roosevelt Park. A crowd gathered around to prevent the arrest and fighting broke out with the outnumbered police. The marked cars brought in for the arrest were overturned and the police retreated for the moment.

Then came reinforcements and tear-gas. But the crowd refused to disperse and began throwing back the cannisters and other assorted missiles. At that point, according to a report in the city's establishment paper, the Albuquerque Journal, "Some officers drew their pistols and fired, not in the air but at members of the crowd." At least one person fell in the first volley, shot in the back. The firing continued as people ran for cover and for the streets adjacent to the park. Members of the straight press report they were also shot at.

By the end of that evening over \$2 million worth of property was destroyed, several were wounded by gunshot, 131 others were in jail, a 7pm to 6am curfew was set and National Guard were alerted.

The following afternoon nearly 1,000 guardsmen were called in when hundreds of Chicanos and whites marched from a protest rally in Roosevelt Park to the University of New Mexico in downtown Albuquerque and began breaking the windows of businesses lining the

streets. The crowd, numbering well over 1000, had left the rally, angered at a speech by Lt. Governor Mondragon, a Chicano. They felt he was only using the word "police repression" as a political ploy.

When the crowd hit the University area, they stoned dozens of businesses, as a line of nearly 100 police stood by and took no retaliatory action.

But armed fighting did eventually break out after a Cadillac owned by Galas Cadillac, a local car dealer, ran down a Chicano youth who was standing near the driveway of the lot. The crowd surged on to the car lot and began burning all the automobiles. Simultaneously, police and National Guard, both armed with loaded rifles, moved on the people. Some police opened fire and others threw teargas cannisters. Some of the young people fired back. Two Chicanos were killed and several other people—white and Chicano—, as well as some police were wounded.

When 7pm came police began making curfew violation arrests and by the next morning, 283 people were jailed. Their charges ranged from curfew vio-

lations to felonies. However, the people kept the police, the Guard and firefighters moving around all night, as 12 businesses in different part of town went up in flames after firebomb attacks. One of the targets was the Winthrop Rockefeller Shopping Center ten miles out of the center of town.

Tuesday was a quiet day and just a few arrests—mostly for curfew violations—were made in the evening, bringing the total of detainees since Sunday to more than 400. But on Wednesday morning a police social club and Federal Building in Santa Fe, New Mexico's Capital, were firebombed. Two hundred National Guard were called into Santa Fe.

Some of the detainees have been released of their own recognizance, and on small bonds, but 22 are still being held on minimums of \$300 bail. Their arraignments were originally scheduled for Thursday June 17, but were postponed a week because the presiding judge, according to local papers, said that he was afraid of a confrontation in the courtroom and that there weren't enough police to cover the courtroom and the streets at the same time.



PUBLIC SCHOOL ADMINISTRATION BUILDING BURNS IN ALBUQUERQUE, N.M.

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FTA
FREE THE ARMY
FUN TRAVEL ADVENTURE
FUCK THE ARMY

Since my last column hasn't been published as of this writing, I have no idea how the response was. But, some strange power tells me of a fantastic turn on to the house from vets. But alas, we're not only here for the vets, we're here for the people. Although our services are mainly applied to Vietnam Veterans, our hearts are for all. (Touching, isn't it). Starting last Tuesday night we got into a thing that might be of interest to everyone. We all sit around, drink wine, beer, and other implements of destruction, and rap to the house shrink. Can you dig it? Things start happening about 7:30 so if nothing is holding you back come on over. If you aren't a vet, never fear. We would be very happy to have your support. (Buttons available—really far-out). So check us out, we would dig having you. 1007 8th Street S.E. (near campus). 331-2726 or 331-2460.

One more thing, high to all the far out folk in Mora, Minn. Keep it moving. later, Tom



MALE BIRTH CONTROL



VASECTOMY

Sterilization may be performed on the male in two ways. Castration, removal of both testicles, is never done on normal individuals because it produces impotence and eliminates sexual desire, as well as affects secondary masculine traits. It is considered only in the case of serious diseases such as cancer or tuberculosis.

The most common method of male sterilization, an operation known as a vasectomy, has no effects on a man's sexual desire or virility, except perhaps to enhance it by relieving him from fears of having another child. The operation involves severing the vas deferens thereby preventing the passage of sperm from the testicles to the penis. Since the contribution of the testes accounts for only about 1/10 of the volume of the total ejaculation, the actual quantity of seminal fluid is not appreciably diminished.

A small incision is made in the upper and lateral region of the scrotum, directly over the spermatic cord. The cord itself is cut and the vas deferens is separated from the blood vessels and nerves. Two ligatures are put a small distance apart around the vas deferens and

the portion between them is cut out. The incision is closed with sutures and temporary dressing applied. The entire operation done either in a hospital or doctor's office takes approximately 20 minutes. Men are sometimes advised to wear a suspensory for a few days to hold the testicles up so that traction on the wound is not painful.

Male sterilization can not be depended on for contraception for the first three weeks after vasectomy, during which time sperm produced before the operation may still be present in the semen. After this time a semen specimen is examined under a microscope to check for the complete absence of sperm. Therefore it is advisable to have semen specimen examined about every six weeks for the first six months after which such precautions are no longer necessary.

Attempts to restore fertility after a vasectomy have been successful in only about 50% of the cases. Reversible methods are being sought such as use of a silicon injection which hardens to form a removable plug.

(from--BIRTH CONTROL HANDBOOK)

Dear Brothers,

I just now finished reading the article About "Women & their Bodies" and it has provided me with the energy to write these overdue words.

I believe it is time for men to assume some responsibility for exercising birth control. It is oppressive for us to expect women to carry the burden that is half ours.

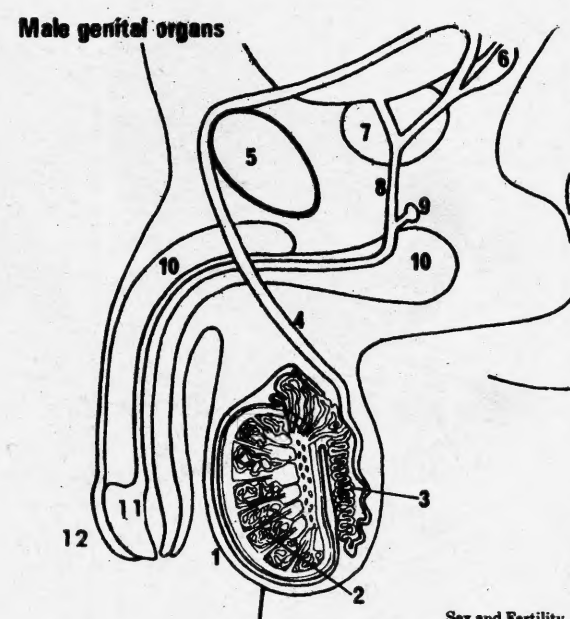
Remember, women are not slaves!

Except for sterilization, which involves major surgery and about \$250, I can see no feasible birth-control method available to women. But for a relatively small fee (I paid \$75), men can have a simple operation done in about 15 minutes to render them sterile. A vasectomy is not complicated. The doctor gives you a shave on the scrotum and a painless shot of novocaine. He then wields his knife and makes a 1/4 inch cut which exposes the tube leading from the testicle. He ties this tube, cuts out a small chunk of it and Voila! He does this procedure on each ball. After a while, the novocaine wears off and it is painful for a couple of days, but the pain doesn't keep you from doing anything except running fast and jerking off.

If anybody would like to talk with me about vasectomies or look at my scars, just give me a ring. If I'm not home, Dale is and he got a vasectomy too. We would like to talk to people about this and other things related to eliminating sexism from the radical community. I've also got some cash that can be used on a loan basis to help buy vasectomies.

Love, David
333-0037

P.S. I just re-read this letter and I notice that every time I refer to the doctor, I say 'he'... Sexism runs rampant among us, brothers, we must work together to claim victory over this plague.



1 scrotum, 2 seminiferous tubules, 3 epididymis, 4 vas deferens, 5 pubic bone, 6 seminal vesicles, 7 prostate gland, 8 urethra, 9 Cowper's glands, 10 erectile tissue, 11 glans, 12 foreskin.

Sex and Fertility

effects of protest

from page 5

regarded as a critical ruling factor, since the decisions were made to go ahead. In fact, that was because of the counter argument: if the bombings should succeed quickly, domestic unrest would be probably "manageable," or acceptable.

On the other hand, I accepted the judgement of others and acted on this, that it was unlikely to be successful quickly, and therefore, the domestic unrest would quite likely be very large.

Now, in 1968, at the time when I participated as a consultant in the Department of Defense...Mr. Clifford was now reexamining our options anew and considering the recommendations, the requests rather, by the Joint Chiefs of Staff and by General Westmoreland to send an extra 206,000 men and to mobilize troops, a key argument that was raised at that time against that was that domestic unrest, and specifically draft resistance, would be overwhelming.

Mr. Clifford was very impressed by this argument and accepted its logic... Thus, the actual decision was considerably...influenced by an expectation of the acts such as we are considering today (draft board rip-off).

Q: Is it fair to say that whereas the act of entry into one draft board as an isolated event may not have a pro-

found effect on American foreign policy, as a totality of attitudes and acts multiplied many times and the anticipation of more acts or less acts, depending on the character of American foreign policy, that foreign policy experts and decision makers then respond thereto?

A: They entered in two different ways... One is that even people who failed to sympathize with such acts or who do support the war, empirically have to expect them and to adapt to them in their policy recommendations as a probability and as a cost of carrying on the war.

The second effect, however, is that such acts have the effect...on some people...that they are intended to have... which is to speak directly to those officials, voters, judges, press people, and so forth, and challenge them to change their own position and attitudes on the war. I know that it had that effect in my own case.

Q: Is the War in Vietnam currently in the process of ending?

A: ...the answer is no...

Q: Is the government surprised at the domestic response to the Cambodia invasion, from your studies?

A: Yes...

Q: Do you believe that actions of non-violent protest to the war have

the possibility and the potentiality of ending the war?

A: I have so reported that, yes, publicly; indeed, that I think they are necessary, not only that they have the potentiality; they are certainly not guaranteed to have that effect.

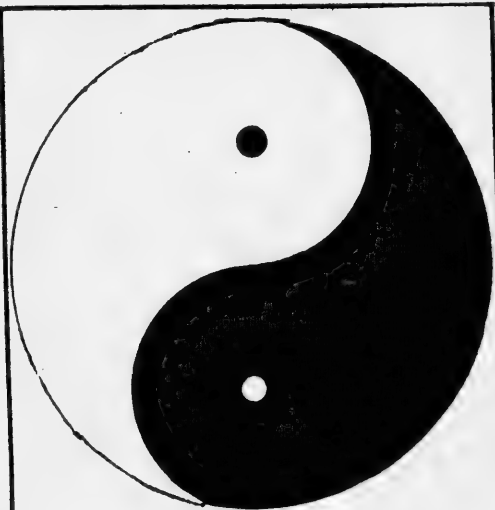
Q: Why?

A: Because I believe and I have concluded as a result of studying the decision-making of the last 20 years that the only factor that would counteract the political considerations that impel successive administrations to continue the war, namely, to avoid the charge that they have failed or lost in Vietnam, can only be counteracted by political acts by a great mass of people - voters, press, Congress, judges - acting within their legal rights and responsibilities.

I believe they will not be led to take such actions, which in many cases would go against their normal ways of life and their incentives, unless they are morally challenged by the example of people, I might say, such as yourself...to consider the moral aspects of the war and what they demand of them as voters, as Congressmen, as judges, as jurors, and so forth...



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ACTION

UNION

MOVEMENT

(Last winter we ran a few artocjes frpm the Red Yogis Collective of the Natural Liberation Front/People's Opiate Church. The following is from their book Peoples Yoga.)

For what it's worth... The People's opiate Church is an experiment in eclectic ethics by which we attempt to cope with the brazen reality confronting us in America. Religion being the opiate of the people, we humbly offer some balm/bomb for medicinal use only.

AUM/OM is the primal, universal, unstruck sound vibration. When uttered either silently by one person or reverberating strongly in group chanting, this wholly/holy sound (mantra) quiets the nerves and unifies the soul. Like heavy riffs it takes much practice to get the desired effect. It is less a sound per se than an internal-eternal feeling and therefore may be done semi-audibly. Try to "hear" it inside rather than through your ears.

Divide the mantra into three basic sounds involving different parts of your head: Ahhhh, in the throat, ooooo in the mouth chamber and mmmmm with the lips.

Meditate on A-U-M as symbolic of Action, Union and Movement. This is the trinity of what we call dialectical karma yoga. ACTION is doing without desire for rewards, and intuitive knowledge of the necessity for Right Action. This is the basic foundation of many ancient and contemporary yoga systems. It is a living-organic relationship between the avoidance of evil influences and the positive involvement in the right aciton.

UNION is the literal translation of the Sanscrit word yoga. It is the joining, merging and dissolution of one into many into the one. Which



people's yoga



is heavy. For us beginners, however, it can be thought of as the essential unity of the mind and body. This involves the cleansing, purifying and training of the physical and mental aspects of consciousness.

Out of these processes and actions MOVEMENT is initiated. Movement is obviously the process of change, alteration, evolution and revolution. But it also means (at least to us), the Movement and our relation to the seeking of liberation.

By living the abstract formula of action-union-movement, we can relate to and participate in seemingly contradictory and antagonistic activities: We can give whole-hearted support to the worldwide struggles and aspirations of the oppressed and at the same time understand the necessity of the meditative state, the need for pure food and an attuned physical body. We can be active in things like the International Liberation School learning the sober tools of revolution (medical and self-defense techniques) and at the same time create the mellowness of transcendental vibration through breath, mantra and music.

What brings it all together is the essential struggle for liberation from humanity's karma. It is a heavy struggle demanding unrelenting ferocity in order to conquer both the death machine/Amerikan/fleshdevouring/putrifying/imperialist monster and our own poisoned, polluted, corrupted and life-starved bodies and souls. There is only one revolution. Free the prisoners. Power to the people. We are one. Venceremos. OM...AUM...ARM

DEPOT CLOSED

**BUT NO ONE KNOWS HOW IT'LL
END...EXCEPT FOR THIS GUY...
AND HE AIN'T TALKING!!**

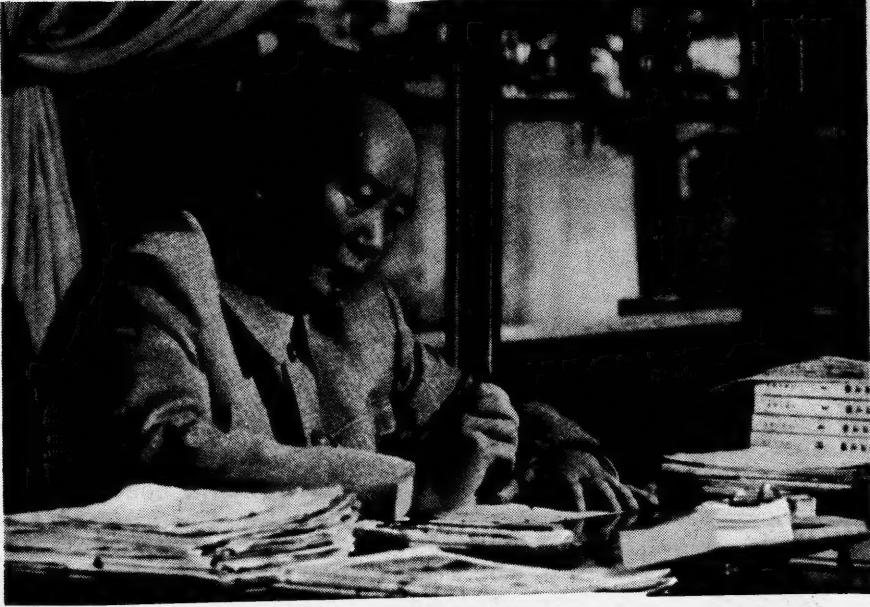


For a year and a half the depot crowd, a curious collection of "now" people, freaks, and in-betweeners, never really got together on anything. But, on closing night June 14th all the madness of rock-inspired frenzy broke out. On that night over a thousand people crammed into the place for the last wine and beer night.

The Depot management had not bothered to turn on the air conditioning or provide bar girls, so what developed was a chaotic human furnace. Add to this situation the tight, low-down, weasel-ripping music of Big Island and you have something quite close to heaven.

The band slammed into two of their own tunes "Four Days screamin" and "Let's Get Reamed" and when the band stopped the people kept the beat going by clapping and shouting "more". And that's just what they got. Everyone moving and sweating as one body to "Jailhouse Rock" or another Big Island song "Mosquito Guts Against the Wall". About this time the house lights were turned up and everyone was asked to leave (the cops were supposedly coming), but, of course no one left. Everyone was really ripped and all that was important was more raw face-kicking rock. "So the joint ke'p rockin ...all night long."

DEAR HUNDRED FLOWERS



Dear friends at Flowers;
Something happened this weekend I want to tell you about. I want everyone to know that there are still people in the world who care about strangers.

Two friends and I were in Hayward, Wisconsin Saturday night, listening to a great Minneapolis band called Crockett. We were sitting and digging the music when this drunken, violently paranoid teenybopper began to hassle us, results being pulled hair, numerous bruises and a kicked in face. We wanted no

violence, but apparently she did--we didn't hit her back or intentionally harm her in any way.

It was due largely to the band that we weren't seriously hurt, as they refused to play until the fighting stopped and helped us get away without getting ambushed.

I hope you see it in your hearts to print this, because my friends and I would like to thank them for their help and comfort.

D.B. Crittle, Rose and Nancy

Dearest sisters and brothers,

Help! I am being held against my will in an establishment oppression factory, the Washington State Reformatory.

Of course, you can't set my body free, but there is something you can do for my head. THE PROBLEM: We are seriously starved for underground and movement news as well as for just plain relevant reading matter.

I'm not sure of your policies, but I'm a prisoner who is without bread and would be very grateful if you could send me a free copy of, or some back issues of, or if possible, a complimentary subscription to your paper. I can assure you that anything that you send would be shared and devoured to no end.

There's no problem with censorship, as there's no mail censorship in this slam.

I sincerely hope I'll hear from you soon. Thank you all very, very much.

Love, Peace and Liberation,
Kurt Modesky

Dear Sisters and Brothers of Hundred Flowers - this note is being writ to mark the beginning of the creation of a People's Handbook for Revolutionary Stimulation. Now must be the time to compile a field-sized handbook of quotes (it could have a format similar to Mao's Red Book or Nkrumah's Black Book) from various revolutionists, socialists, feminists, anarchists, etc. This book for Revolutionary Stimulation could truly be a Peoples Book if it was put together by the People and distributed free to the People.

So, now I must put this idea to the test by asking the People to write out their favorite quotes - do it now - and get them to me by mail or in person, along with some ideas for organizing the material, some help finding a printer, and the money to pay him with. If you don't like the idea, mail me a cheeseburger and a coke. All Power to the People.. and their book.

David Hopkin's Love & Kisses,
@ Lester Bunker David
2019 So 22d Ave.
Mpls 55404
phone 333 0037

Dear Hundred Flowers,

First of all, I'd like to confirm a letter that was written in the May Day issue of Hundred Flowers.

Terry Smith is a very deadly person to watch out for. I got busted by him April 14th. He appears to be one who trains in rookies.

Tim Leninger was his partner on the bust. He is 5'10" tall, 150 lbs., medium brown hair, and mustache. They had a '62 Chev convertible, yellow with a black top (vinyl).

PEACE!!

-your brother

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YIPPIE FOR INVOLVMENT!

YIPP (Youth for Involvement in Political Parties) is sponsoring a parade from Highland Park water tower to Highland Park where there will be a political party with music, food and pleasure! EVERYONE IS ENCOURAGED TO PARTICIPATE!

DON'T MISS
JUNE 27
HIGHLAND WATER TOWER

1PM

SIGHTS TO
STIMULATE
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FREAKS TO
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UNFREAKABLE!

ACTS OF AMAZING
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**COME AS YOU
REALLY!**

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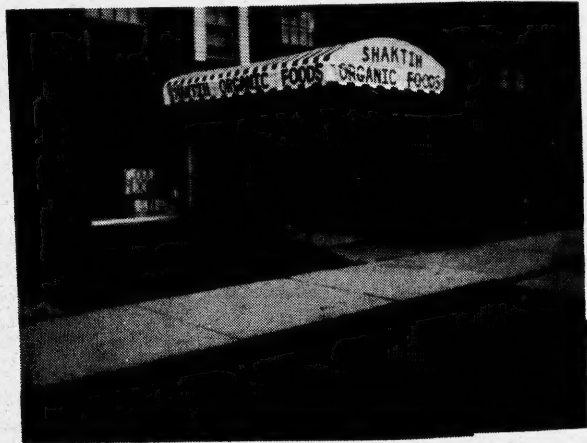
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1405 w. lake st.
822-1939

Shaktih Organic Foods

We at Shaktih Organic Foods invite all of you, our fellow brothers and sisters, to come and see our new store. We are located at 604 W.26th Street (between Lyndale and Garfield).

Shaktih means, "The Divine Power of Nature", and that is the way we feel about the quality of our food. In the one month time that we have been open, we have found that most people do not know the difference between organic foods and non-organic foods. Organic food is such that there are no chemical fertilizers used to grow the food, there are no chemical sprays used, there is no processing of the food and there are no preservatives used. You cannot get this quality of food except at an Organic Food Store.

We have also found that most people do not know what to do with the food once they buy it. We have recipes all over the store, we have a special



recipe book in the library that people can come and copy down from or write down some of their own recipes. We also have a small but excellent collection of books: Cooking For Life--for beginners with organic foods, Back to Eden, Herbalist--herb I.D., cookery, home medicine, Living On The Earth--the how to do everything book.

Our food selection is always growing; we cater to all diets. We have also just acquired a refrigerator unit.

We will soon have Organic eggs, Organic goats milk, and Organic goats cheese. We will be buying local produce through the Organic Merchants and Growers Association. We do not believe there is a happy medium in the food supply. We believe there is no room for any chemicals whatsoever!

If you are eating non-organic foods, then you are consuming approximately 3 pounds of chemicals per year. Shaktih is an alternative to the poisons in your food.

3rd Shantih



by nely gillette
from Northwest Passage

Fruits are the cleansers of the body. They provide many of the molecular elements and vitamins needed by the body to build it up. Their relatively high carbon content act somewhat like an incinerator of debris in the intestines so they are considered more important as cleansers as opposed to vegetables which are considered more important as the builders of the body.

When fruits are eaten raw, ripe, and without the addition of sugar or starch, the important elements and vitamins are extracted by the digestive process. The remaining bulk goes into the intestines becoming highly magnetized, attracting used up cells, tissues, and other toxic matter. To quote from Seventy Steps toward Wisdom by Sigmund Lowe, "Too much cooking deprives foods of their vibratory overtones of electro-magnetic energy."

Life is thus destroyed in the molecules of cooked or processed food and they become inorganic, losing their magnetic ability to attract waste matter. Such food goes through the intestines like a slimy mop. Eating cooked fruit also adds to the work of the liver and pancreas since the heat converts the sugar carbohydrates in some of them into a starchy carbohydrate which must be reconverted into primary sugars by these organs before they can be used in the body.

The sugars in unripe fruits are not completely formed yet and so have an acid reaction in the body rather than alkaline. Bananas should only be eaten when the green part has completely disappeared.

Finally, combining fruits with sugar or starch also tends to cause an acid reaction, or acidosis in the stomach. The reason for this is that the fruit starts the gastric juices working when it

enters the stomach. When sugar or starch is present at the same time, the acid in the gastric juices cause the sugar and starch to start fermenting which results in an overall acidulated condition of the stomach. Eventually this could lead to ulceration. This can be easily understood in the case of sugar which, when fermenting, forms acetic acid, carbonic acid and alcohol. Anyone who has ever developed or printed negatives knows the strong smell of acetic acid which is used diluted in the Stop bath. I have a bottle of it right here and will quote from it: **KODAK indicator Stop Bath--Contains acetic acid--Danger (skull and bones) Poison--Causes severe burns--harmful if swallowed--KEEP OUT OF REACH OF CHILDREN, etc.** Imagine this stuff in contact with the delicate linings of your stomach! The alcohol is equally destructive for it dissolves certain elements in the body that are soluble only in alcohol and which are hard to replace.

To make a long story short, now you know what happens when you have sugar on your grapefruit. By the way, this applies to all sugars--whether they be raw, brown or white. Raw uncooked honey, on the other hand, is a natural carbohydrate as are the sugars in the fruits and is perfectly compatible with fruit. A good example of a combination the bad things mentioned above, is jam and toast. Also, good old apple pie, or orange juice and toast for breakfast. Jam, by the way, is, according to the law 45% fruit and 55% sugar. Next time I will talk about individual fruits and their various benefits.

bread recipe

Bread plays an essential part in every kitchen. It goes with every meal, is a great munchie in between, and perfect at night. Besides all that, it can be very good for you. We make bread at least once a week, and we don't have 3 or 4 hours to spend making it. We've given this recipe to a lot of people and made them very happy. The recipe is not only easy but practically fool-proof. Just set aside 2 hours of a day, and enjoy the finished product.

INGREDIENTS:

3 cups hot water
1/4 cup oil
1/2 to 3/4 cup honey and/or molasses
4 tsp. seasalt
2 pkgs. dry active yeast (use Red Star, Fleishmann's has preservatives.)

Mix together first four ingredients--when cool add yeast. Add 1/2 the amount of flour--mix--let sit in a warm place for 15 minutes. Stir in remaining flour a bit at a time. If the dough gets too hard to stir, knead in the rest of the flour. Knead dough until it is no longer sticky. Divide in 3 loaves, place in greased bread pans. Set in a cold oven. Turn oven on to 250 degrees for 15-20 minutes, then turn up the heat to 350 degrees for 45-50 minutes longer. Take out of pan, allow to cool, and eat. Your bread will rise in the oven; the low heat acts as a proof box for the yeast in the beginning. Do not open the oven door, and always remember to turn up the oven.

This recipe can be changed in the following way: as long as you use more than 50% wheat flour, you can add corn meal, rye flour, wheat germ, sesame seed, poppy seed, raisins or anything to suit your taste.



This calendar is not the work of the notorious Victoria. Our regular 'Calendar Sister' was put out of commission, while doing a back flip off a dock, in shallow water. Consequently, she hit bottom, head first, cracking one of her sweet vertebrae.

She now, resides in General Hospital, getting in nurses and doctors hair.

When I last saw her she was running around West Ward, planning her escape.

I apologize for any shortcomings, on part of this calendar.
a sister



June 25 - July 1



Saturday

Sunday

Friday

The Bellville Band - Traditional country music at Riverside Cafe, 9 pm, \$1

"Animal Crackers" - Marx Brothers- Harpo, Chico, and Groucho at Acme Film Soc., 8, 10 and midnight, \$1

The Ninth Ann Arbor Film Festival Tour - Recent experimental films, never shown, Walker Art Aud., 8 pm, \$1.50

Dean Carr - folk and blues at Extempore, 9 pm, 75c

"Lady from Shanghai" - directed by and starring Orson Welles at Xanadu, 8, 10, Midnight, \$1

"Fabulous World of Jules Verne" - by Karl Ziemann (Czechoslovakia, 1951), far out mind trip at Piper Film Club, 8, 10, midnight, \$1

Boeing! Boeing! A Flight of Fancy - Satirical revue, based on improvisations by the cast at the Brave New Workshop, 9:30 pm, FREE

Roy Aistad - electric and acoustic at Extempore, 9 pm, 75c

"The Fabulous World of Jules Verne" - see friday

Cree - folk rock at Riverside Cafe, 9 pm, \$1

"Animal Crackers" - see friday

The Ninth Ann Arbor Film Festival Tour - recent experimental films, never shown at Walker Art Aud., 3 and 8 pm, \$1.50

The Band, Delaney and Bonnie, Muddy Waters, Butterfield Blues Band, Crow, John Sebastian, ect. - Celebration at Midway Stadium (St. Paul), High noon to 9 pm, \$8 at the door

People's Pleasure Parade - Yip action- Thrill to witches, warlocks, superheros and acts of amazing audacity at Highland Water Tower, 1:00 pm

The Ninth Ann Arbor Film Festival Tour - recent experimental films, never shown, at Walker Art Aud., 8 pm, \$1.50

Pepper Fog - original rock at Extempore, 9 pm, 75c

"The Fabulous World of Jules Verne" - 7:30 and 9:30 pm, see friday

John Kolstad - funky blues at Riverside Cafe, 9pm, \$1

Mama's Home Cookin', U.S. Pipe, Nasty Habits and more- West Bank Festival at the Cedar Village Theatre, 2pm to 1 am, 50c

Blue Freedom and Kim Bloom - progressive jazz and classical guitar, Oak-Grove Presbyterian Church, 6:30 pm, \$1

"Animal Crackers" - see friday

Monday

Weeds in the garden?

Tuesday

Open Stage - at the Riverside Cafe, 9 pm, 25c

Minn. Orchestra and Minn. Dance Theatre - at the Northrop Aud., 8 pm, FREE

Wednesday

Warren Park, Steve Kimmel, Max Swanson - jam it out at New Riverside Cafe, 9 pm

Jesse 'Lone Cat' Fuller - One man band workshop at the Whole, Coffman Union, 2 pm; at Eddy Hall Knoll, 'U', 8 pm, FREE

Chris Doughty - at Extempore, 9 pm, 75c

Thursday

"Cabinet of de'Caligari" - 1920 German Horror flick, at Xanadu, 8 and 10 pm, \$1

Lon Knegero - folk popular at the Whole

continuous

"Ali MacGraw Died for Your Sins" - "an uninhibited glimpse of nostalgia" at the Brave New Workshop, June 25, 8 and 10 pm; June 27, 29, July 1, 8 pm

"The Matchmaker" - U Showboat, Mpls Campus Landing, June 25- July 3; Monday thru Thursday - 8 pm, Friday & Saturday - 7 & 10pm, \$2.75 student, \$2

BULL BOARD

I'M TRYING to form a Jesus Commune for fall qtr. We could begin as early as mid-August. Interested in joining? Write: Terry Box 8323- Lake St. Sta. Mpls., MN 55408 Please include phone #.

NEED RIDE to Philadelphia- New York around July 1st -will share gas and driving. Call 784-1912 and leave info and number for Karen or Shantih.

JUNE 28th, 9 AM, JERRY ROY OF THE AMERICAN INDIAN MOVEMENT TO BE ARRAIGNED IN U.S. FEDERAL COURT. DOWNTOWN MPLS. FEDERAL BLDG. FROM A.I.M. RECLAIMING OF INDIAN TERRITORY (NAVAL AIR STA.) COME, SHOW YOURSELF A BROTHER.

YIPPIE PARADE AND PARTY, JUNE 27th, 1 pm, see page 14.

FOR SALE: A 48 passenger, Chevy School Bus. Self contained, complete kitchen bedroom and bathroom. Citizen-band radio, PA system, air conditioning, ect. Call 588-3477 if interested and ask for Jean or Joe.

FOUND: a hardbound copy of Sieze the Time. Identify inscription on front fly-leaf and it's yours. Call 225-5236 ask for Mike.

ONE SHOULD SEE THE WHOLE AS WELL AS THE PARTS.



A GROUP of people are getting it together to open a people's grocery on the South side. We are in dire need of money and people power. More info will be in next issue.

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